

TOPCOM[®]

BPM WRIST 1480



USER GUIDE

V 1.1

CE0197  AE63

Exclusively produced for Topcom Europe NV,
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by Health & Life Co., Ltd.
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Taipei Hsien, Taiwan, R.O.

This product is in compliance with the essential requirements and other relevant provisions of the directive 93/42/EEC. The declaration of conformity can be found on:
<http://www.topcom.net/support/cedclarations.php>

UK

The features described in this manual are published with reservation to modifications.

1 Introduction

Congratulations with your purchase of the Topcom BPM Arm 1480. This fully automatic, wrist mounted blood pressure monitor is both easy to use and ideally suited for daily measurements. The large display includes systolic, diastolic and pulse, all clearly shown at the completion of each reading.

In addition, you can store up to 48 measurements in the memory, ideal for users who want to monitor and track their blood pressure on a regular basis. The BPM Arm 1480 is compact and portable, making it ideal for home use and travel.



Please read this manual carefully before use. For specific information on your own blood pressure, contact your physician. Put the user guide away in a safe place for future reference.

2 Safety instructions

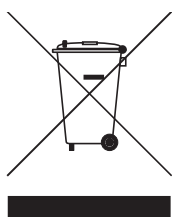
1. This product is for household use only. It is not intended as a substitute for consultation with your doctor.
2. For users diagnosed with common arrhythmia (atrial or ventricular premature beats or atrial fibrillation), diabetes, poor circulation of blood, kidney problems, or for users suffered from stroke, or for unconscious users, the device might not be suitable for use. Consult your doctor in case of any doubt.
3. The unit should not be operated by children so to avoid hazardous situations.
4. The unit contains high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and protect it from dust.
5. Leaky batteries can damage the unit. Remove the batteries when the unit is not used for a long time.
6. Do not press the START key when the cuff is not placed around the arm.
7. Do not disassemble the main unit or cuff.
8. If the unit is stored in a cold place, allow it to acclimate at room temperature before use.
9. Clean the blood pressure monitor body and the cuff carefully with a slightly damp, soft cloth. Do not press. Do not bend the pre-formed cuff inside out. Do not wash the cuff or use chemical cleaner on it. Never use thinner, alcohol or petrol (gasoline) as cleaner.
10. To ensure accurate measurements, it is recommended that calibration be completed every two years.

3 Helpfull tips

Here are a few helpful tips to help you obtain more accurate readings:

- Do not measure your blood pressure immediately after consuming a large meal. To obtain more accurate readings, please wait one hour before measuring.
- Do not smoke or drink alcohol before measuring your blood pressure.
- You should not be physically tired or exhausted while taking a measurement.
- It is important that you relax during measurement. Try to take 15-minutes rest before a reading.
- Do not take measurements if you are under stress or under tension.
- Take your blood pressure at normal body temperature. If you are feeling cold or hot, wait a while before taking a measurement.
- If the monitor is stored at very low temperature (near freezing), have it placed at a warm location for at least one hour before using it.
- Wait about 5 minutes before taking the next pressure measurement.

4 Disposal of the device



At the end of the product lifecycle, you should not throw this product into the normal household garbage but bring the product to a collection point for the recycling of electrical and electronic equipments. The symbol on the product, user guide and/or box indicate this.

Some of the product materials can be re-used if you bring them to a recycling point. By re-using some parts or raw materials from used products you make an important contribution to the protection of the environment. Please contact your local authorities in case you need more information on the collection points in your area.

5 Blood pressure

5.1 What is Blood Pressure?

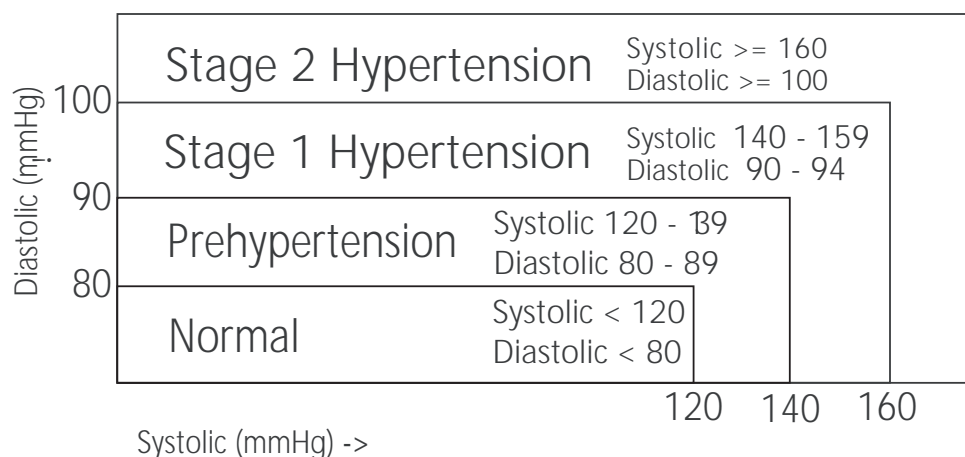
Blood pressure is the pressure exerted on the artery tube while blood flows through the arteries. The pressure measured when the heart contracts and sends blood out of the heart is systolic (highest). The pressure measured when the heart dilates with blood flowing back into the heart is called diastolic (lowest) blood pressure.

5.2 Why Measure Your Blood Pressure?

Among the various health problems afflicting modern people, problems associated with high blood pressure are by far the most common. High blood pressure's dangerously strong correlation with cardiovascular diseases and high morbidity has made measuring blood pressures a necessity of identifying those at risk.

5.3 Blood Pressure Standard

The World Health Organization (WHO) and National High Blood Pressure Education Program has developed a Blood pressure standard, according to which areas of low and high-risk blood pressure are identified. This standard however, is a general guideline as individual's blood pressure varies among different people and different groups...etc.



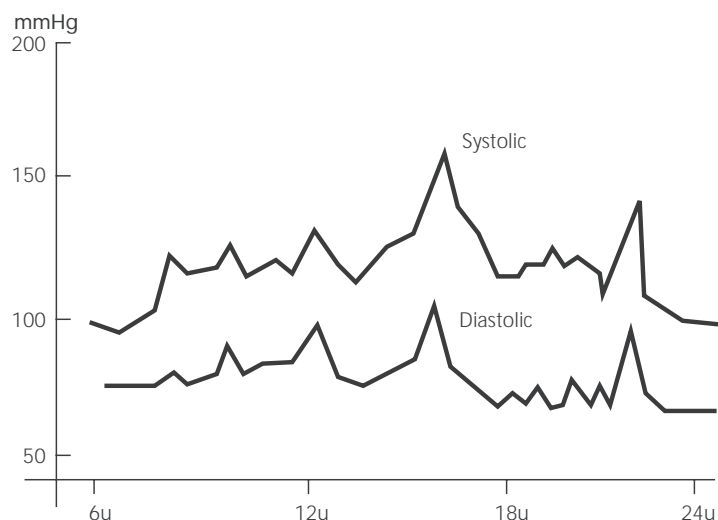
It is important that you consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you will be considered at risk.

5.4 Blood Pressure Fluctuation

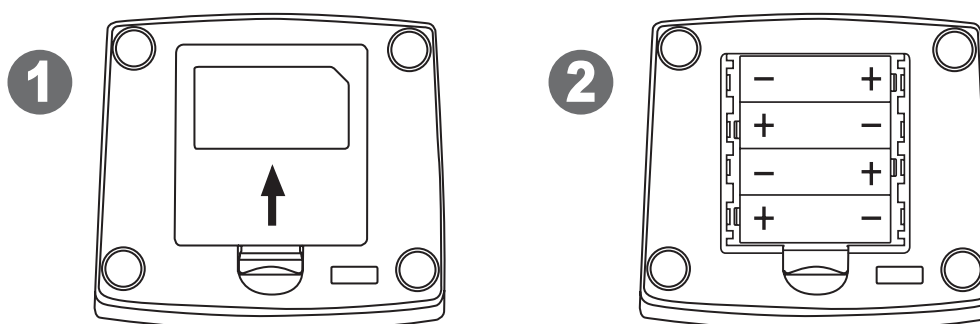
Blood pressure fluctuates all the time!

You should not be worried if you encountered two or three measurements at high levels. Blood pressure changes over the month and even throughout the day depending on circumstances (state of mind, temperature, ...)

Ex. Fluctuation within the day for a Male, 35 years old.



6 Battery installation



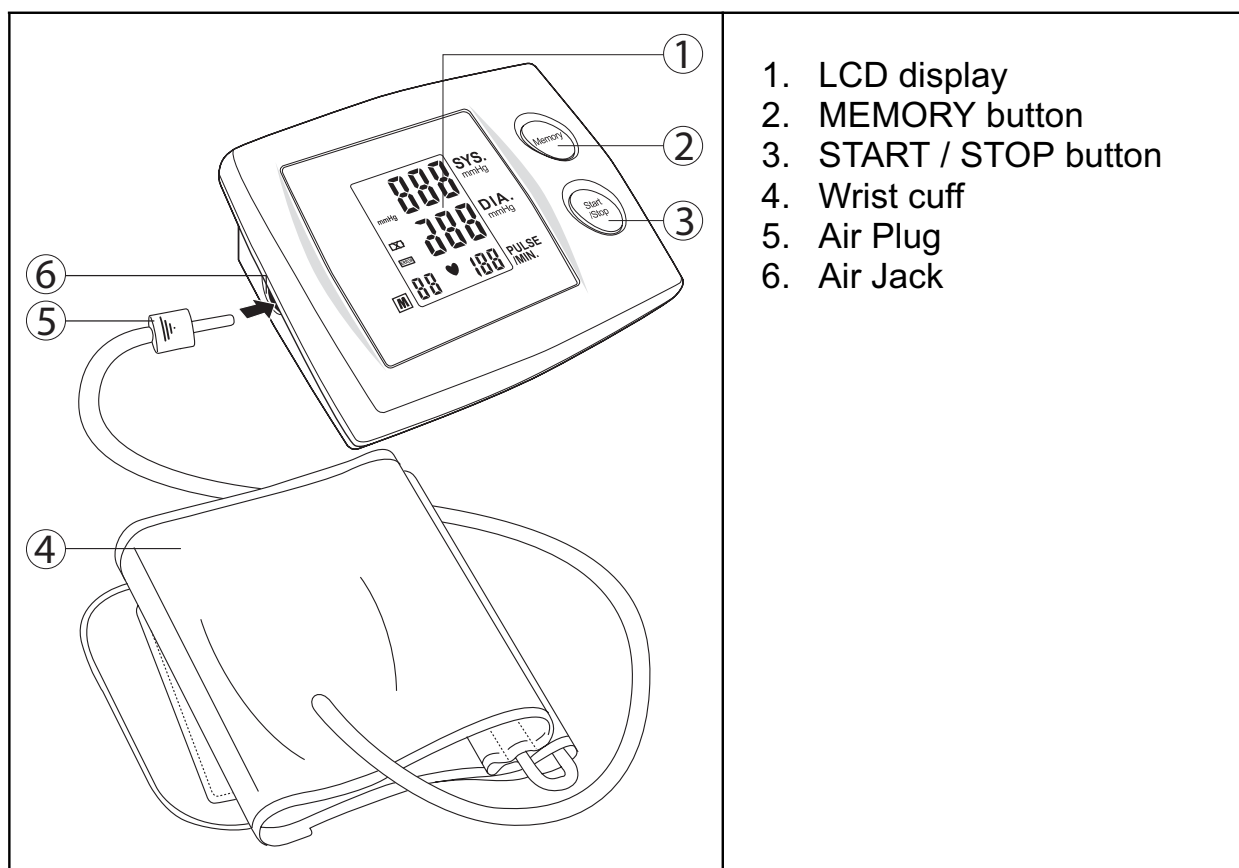
- Open the battery compartment by pulling the cover away on the bottom of the unit.
- Insert 4 AAA non - rechargeable batteries. Follow the polarity as indicated in the battery compartment.



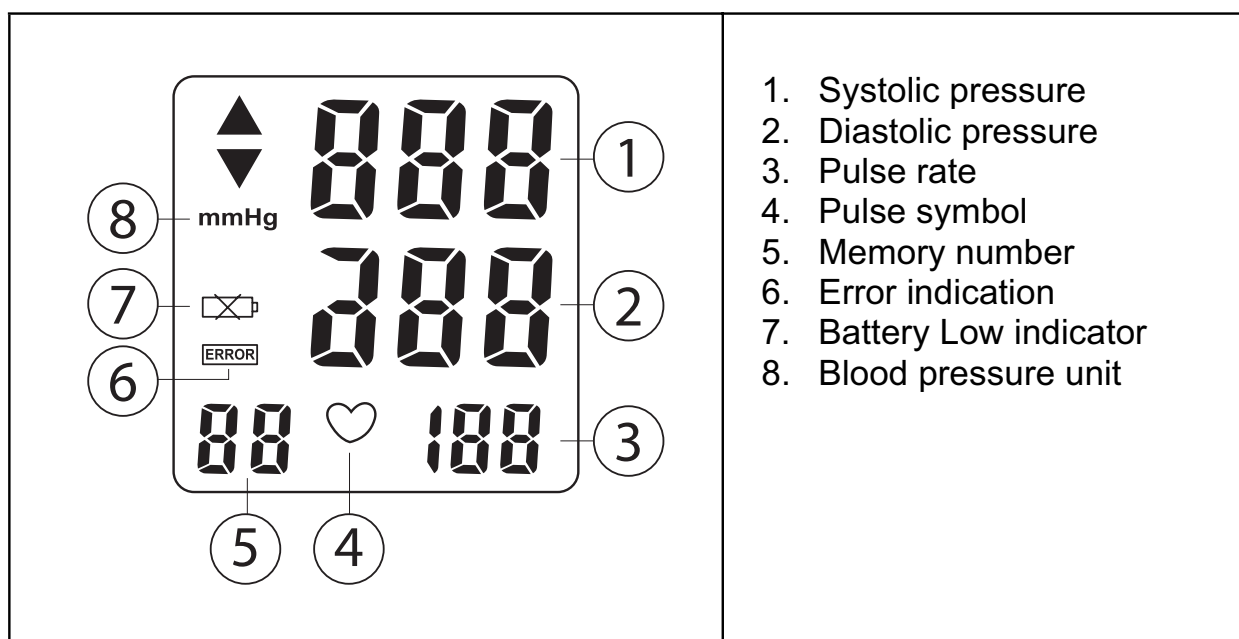
When the Battery Low Indicator  is displayed, the batteries need to be replaced.

Do not shortcircuit & dispose of in fire. Remove the battery if this device is not going to be used for a long period.

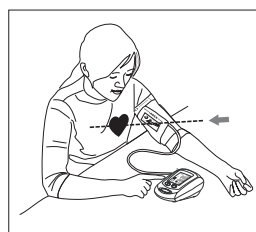
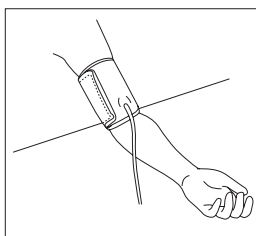
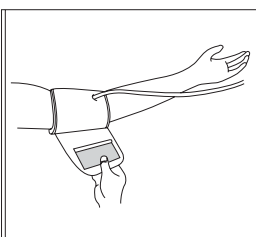
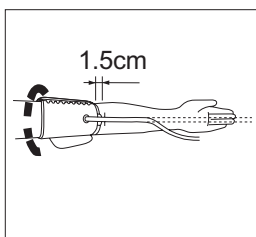
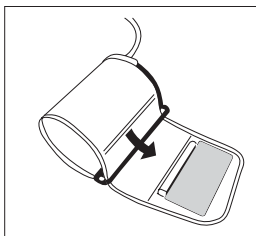
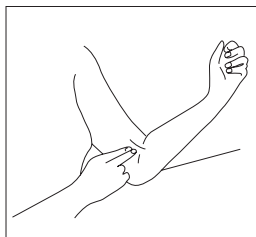
7 Buttons



8 Display



9 Applying the cuff



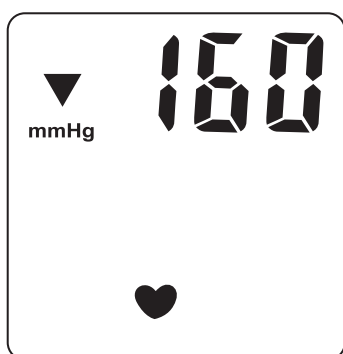
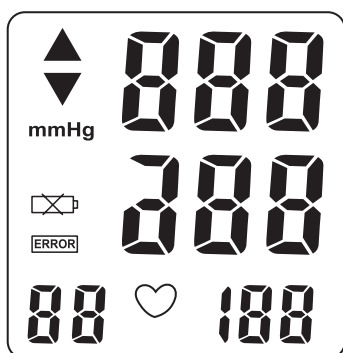
1. Remove all watches, jewelry, etc. prior to attaching the cuff. Clothing sleeves should be rolled up.
2. Press your brachial artery by two fingers approximately 2,5 cm above the elbow on the inside of your left arm to determine where your strongest pulse is.
3. Slide the end of arm cuff furthest from the tube through the metal ring to a loop. The smooth cloth should be on the inside of the cuff. The Velcro will be on the outside of the cuff.
4. Put the left arm through the cuff loop. The bottom of the cuff should be approx. 1,5 cm above the elbow. The cuff should lie over the brachial artery on the inside of the arm.
5. Pull the cuff so that the top and bottom edges are tightened around your arm.
6. When the cuff is positioned properly, press the Velcro firmly against the pile side of the cuff. The metal ring will not touch your skin.
7. Relax your entire body, especially the area between your elbow and fingers. Place your elbow on a table so that the cuff is at the same level as your heart. Avoid leaning back while the measurement is being taken.

10 Measurement

10.1 Important

1. This monitor automatically switches off 1 minute after the last key operation.
2. To interrupt the measurement, simply press any key. The cuff will deflate immediately after a key is pressed.
3. During the measurement, do not talk or move your arm or hand muscles.

10.2 Procedure



ERROR

1. Press the START/STOP button to start measurement. All segments will appear on the display. The cuff will inflate to the level that is right for you.
2. When the right level is reached, the cuff will deflate.
3. When the measurement is completed, systolic, diastolic and pulse will be shown simultaneously on the LCD screen. The result will be saved automatically in the memory system. Up to 48 results can be saved. If the memory is full, the oldest data will be erased automatically.

When a mistake was detected during measurement the Error mark appears on the display

11 Memory



To recall stored blood pressure measurement results from the memory:

- Press the MEMORY button. The last memorized result will be displayed.

Press the MEMORY button again to recall the previous result...



When the batteries are installed, the data in the memories will not be lost even when the Blood Pressure Monitor is switched off.

12 Technical specifications

Power source	6V DC: 4 x AA - Non rechargeable batteries
Measurement zone	Pressure: 0~300 mmHg Pulse: 40~199 beats/minute
Accuracy	Pressure: ± 3 mmHg Pulse: within $\pm 5\%$ of reading
Pressure sensor	Semi-conductor
Inflation	Automatic - Pump driven
Deflation	Automatic Pressure release valve
Memory capacity	48
Auto-shut-off	1 minute after last key operation
Operation environment	10°C~40°C 30~85% RH max.
Storage environment	-20°C~60°C 10~95% RH max.
Weight	265g (with batteries)
Cuff Arm circumference	23~33 cm
Limited patient	Over 18 years old
Classification	Classification of type BF

*Specifications are subject to change without notice.

13 Topcom Warranty

13.1 Warranty period

The Topcom units have a 24-month warranty period. The warranty period starts on the day the new unit is purchased. Consumables or defects causing a negligible effect on operation or value of the equipment are not covered. The warranty has to be proven by presentation of the original purchase receipt, on which the date of purchase and the unit-model are indicated.

13.2 Warranty handling

A faulty unit needs to be returned to a Topcom service centre including a valid purchase note.

If the unit develops a fault during the warranty period, Topcom or its officially appointed service centre will repair any defects caused by material or manufacturing faults free of charge.

Topcom will at its discretion fulfil its warranty obligations by either repairing or exchanging the faulty units or parts of the faulty units. In case of replacement, colour and model can be different from the original purchased unit.

The initial purchase date shall determine the start of the warranty period. The warranty period is not extended if the unit is exchanged or repaired by Topcom or its appointed service centres.

13.3 Warranty exclusions

Damage or defects caused by incorrect treatment or operation and damage resulting from use of non-original parts or accessories not recommended by Topcom are not covered by the warranty.

The warranty does not cover damage caused by outside factors, such as lightning, water and fire, nor any damage caused during transportation.

No warranty can be claimed if the serial number on the units has been changed, removed or rendered illegible.

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